



• **When is it available?**

1-800-343-2186

HMS is available July 1, 2004.

• **What is the State of Delaware EAP?**

The State of Delaware EAP is a problem solving resource that can help with personal problems or other issues that are concerning you.

**Visit HMS on the Internet
at www.hmsincorp.com**

User Name: Delaware

Password: statehms04

• **What does it do?**

The State of Delaware EAP provides a professional counselor to listen and 1) help define the problem clearly, 2) assess the type of help needed, 3) either provide the required help or make the most appropriate, cost-effective referral for you.

• **How much does it cost?**

Absolutely nothing . . . Your only investment is your time. This is a benefit provided to you by the State of Delaware.

• **Who can use it? How does it work?**

This service is available to employees, pensioners under 65 and their covered dependents who are participants in the Group Health Insurance Program. Simply pick up the phone and dial 1-800-343-2186 (toll-free) and speak to a counselor or visit HMS online at www.hmsincorp.com to access EAP or Work/Life services.

• **What about confidentiality?**

Personally identifiable information relative to your discussions with an HMS counselor or work/life representative will not be revealed to anyone without your specific written permission or as otherwise permitted by law. Your contact with HMS is strictly confidential and is covered under the Federal Privacy Act of 1988.

REASONS TO CALL HMS

- Marital or family problems
- Divorce/Separation
- Parenting
- Emotional Issues
- Child Care Issues
- Elder Care Issues
- Legal
- Financial
- Depression
- Interpersonal conflicts
- Substance abuse
- Stress Management
- Anger
- Grief and Loss
- Problems not easily categorized (such as "I just don't feel very good about myself")

A professional counselor is available to provide fast, confidential service 24 hours a day, every day of the year at 1-800-343-2186.

Please contact your Human Resources Office to obtain a wallet card.